

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Green bean chicken stir fry with cauliflower rice	
<b>TUES</b>	Salmon cakes with herby lemon coleslaw	
<b>WEDS</b>	Almond crusted pesto chicken, roasted broccoli, roasted cauliflower	
<b>THURS</b>	Pork chops with bacon mushroom sauce, mashed cauliflower, roasted brussels sprouts	
<b>FRI</b>	Sheet pan chicken fajitas	
<b>SAT</b>	Meatballs with zucchini noodles	
<b>SUN</b>	Sausage + vegetable soup	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Salad of your choice	
<b>TUES</b>	Leftover green bean chicken stir fry	
<b>WEDS</b>	Leftover salmon cakes	
<b>THURS</b>	Leftover almond crusted chicken	
<b>FRI</b>	Leftover pork chops with bacon mushroom sauce	
<b>SAT</b>	Leftover chicken fajitas	
<b>SUN</b>	Leftover meatballs	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Eggs, spinach, bacon, avocado	
<b>TUES</b>	Eggs, spinach, bacon, avocado	
<b>WEDS</b>	Eggs, spinach, bacon, avocado	
<b>THURS</b>	Eggs, spinach, bacon, avocado	
<b>FRI</b>	Eggs, spinach, bacon, avocado	
<b>SAT</b>	Eggs, spinach, bacon, avocado	
<b>SUN</b>	Eggs, spinach, bacon, avocado	

<b>EXTRAS</b>	
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<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	